

Viewpoint

RECOGNIZING Lanterman's Dedicated Employees

Lanterman Regional Center is all about people — including the members of our professional and support staff. They're the ones who day-to-day work with individuals, families and service providers to ensure that we're providing the best possible services and supports to our community. We've always had a policy of presenting service awards to employees. All full-time and part-time employees are eligible to receive a service award upon completion of their 5th year of service and at the end of each additional five-year period after that.

This year we decided to make a formal occasion of it, and held our 1st Annual Service Award Luncheon in July at the Assistance League of Southern California. We honored 60 employees who together represented 645 years of service to individuals with developmental disabilities and their families.

Lanterman Staff Award Recipients

23 Years

Sam Suzuki
Ysidra Gutierrez

22 Years

Patrick Aulicino
Carol Kaplan
Charlotte Suzukamo
Pat Huth

16 Years

Jerry Sunada

15 Years

Cecilia Caudillo
Dolores Sumilang

14 Years

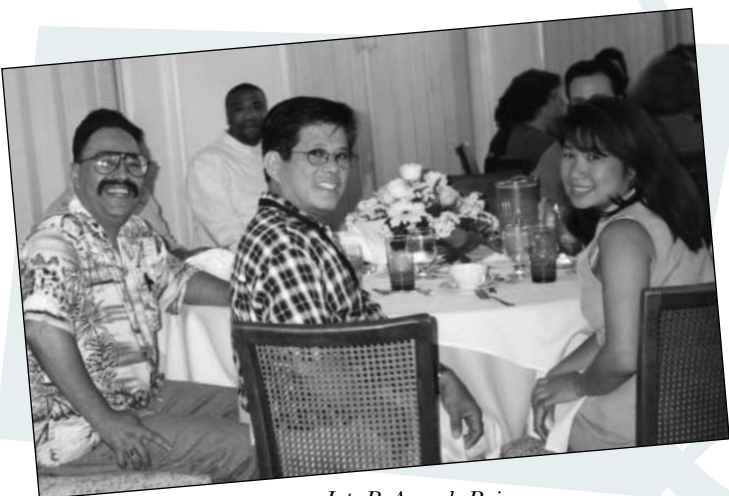
Patricia Herrera

"Any organization is only as good as its employees," notes Jackie Ashman, Director of Human Resources, "and here at Lanterman we are very fortunate in having a remarkable staff of truly dedicated people, many of

whom have been with us more than 15 years. They're the ones who help make Lanterman the quality place that it is, and we salute them all."



L to R: Reyna Paredes, Carol Kaplan, Soonthree Keatamai, Charlotte Suzukamo, Dolores Sumilang, Ysidra Gutierrez, Sam Suzuki and Patricia Herrera



L to R: Armado Raigosa, Edwin Stewart, Celio Rodriguez and Lily Ong-Chua

21 Years

Ramona Vella
Bonnie Kim
Guillermina Bastida
Soonthree Keatamai
Jacquelyn Ashman

20 Years

Hasmig Mandossian

19 Years

Gwen Jordan
Silvia Flores
Carmen Lorigo

13 Years

Robert Erio
Reyna Paredes
Melinda Sullivan

12 Years

Catrien Villamil

11 Years

Shoghig Dikjian
Irma Padilla
Maria Bosch

10 Years

Frank Lara
Ardis Adrian
Rowena Pangan

9 Years

Julio Vicente
Lolita Earlywine
Maral Tahmizian
Nilda Lopapa

8 Years

Fidela Ng
Tim Medeiros
Tom Annese

7 Years

Tamar Israbian
Celeste Esguerra
Edwin Stewart
Maria Tapia-Montes
Barry Londer
Maureen Wilson
Lily Ong-Chua
Cilio Rodriguez
Jessye Davis
Armando Raigosa

6 Years

Aida Grajeda
Terry McVerry
M.J. Kienast
Yolanda Marquez
Ann Parkes
Schella Radford

5 Years

Jose Bretado
Ben Espitia
Joe Perales
Migdalia Sanchez
Alis Chrakyan
Madeline Lara
Tammy Simmons

Holidays Are For Sharing Needs You!

Since 1980, Lanterman has sponsored the *Holidays Are For Sharing Campaign*. This special program has made a significant difference in the lives of children and adults with developmental disabilities. Families who are less fortunate than others are selected to receive food certificates and holiday gifts.

In the Adopt A Family Program, we match families of various sizes. Gifts are personally delivered by volunteers or a delivery to the family by the donors themselves can be coordinated.



Thank You! Thank You! Thank You!

In last year's campaign, \$ 24,687.50 was raised in cash donations and \$ 21,308 in in-kind gifts of toys, food and other merchandise; a total of \$ 45,995.50!

Please Give

Many items needed by our families are not supported through contracted government funds. This is why we rely on the support of generous donors in our community to help us meet these critical needs, during the holidays and other times throughout the year.

There are several ways to help:

Cash, Check or Money Order

Your gift can help families with holiday and emergency purchases.

Adopt A Family

Provide food and holiday gifts for a regional center family. Some sponsors have had the opportunity to provide much needed cribs, baby items, small home furnishings, diapers, clothing and fun items such as bicycles and skates.

A Gift

Contribute a new gift, game, art supplies, personal care items, baby products or a food/gift certificate.

Employee/United Way Campaign

Through your company's United Way payroll deduc-

tion plan, you can designate an ongoing gift. Our complete non-profit name is: Los Angeles County Developmental Services Foundation.

Matching Dollars

Matching dollars makes your gift grow! Find out, and apply if your company has a matching fund program.

Your Good Word

Publicize our program through your business, club, church or service organization. We provide speakers and audiovisual materials.

Donations are tax deductible. Make your checks payable to: **FDLRC Holidays Are For Sharing.**

For more information about Holidays Are For Sharing, please contact Jackie Ashman at (213) 383-1300 ext. 684

You Spoke We Listened...

Quality of Service Delivery — Ensure that the consumer is safe, that regional center staff and service providers have the training they need, that they have enough time to give to the consumer, with respect and that the services achieve the outcomes desired by the consumer and family.

You've made it clear... quality in all areas of the regional center is very important to you. It's important to us, too. In fact, Quality of Service Delivery is the number one item on our Customer Value Model. Our commitment is to ensure that the consumer is safe; that regional center staff and service providers have the necessary training and enough time for the consumer; that they treat all people with respect; and that the services achieve the desired outcomes. And we're taking very specific actions in three major areas to make this value a practical, functioning reality for all the members of our Lanterman community.

I. Service Coordination

In a continuing effort to improve services, regional centers statewide have been able to reduce each Service Coordinator's overall caseload because of enhanced funding. At Lanterman that translates to a Center-wide average ratio

phone," explains Lanterman Associate Director Melinda Sullivan, "and this allows both families and Service Coordinators to get to know each



The CLO/Aging Transition Team L to R: Elaine Mochizuki, Nicole Corson and Henry Jimenez. Missing: Bob Erio, Carol Kaplan, Elsa Ramos and Mercedes Shamlo

other better. That increased communication helps improve the quality of service delivery."

In addition, we've listened to your input on how we can improve our service coordina-

assigned caseloads, in part, by language (Spanish, Armenian, Korean, Chinese and Farsi).

In addition, we're organizing caseloads by age and living situation: school age (5 – 14); transition (14 – 19); transitioning out of school to young adulthood; adults who live independently; those who live with family; and those who live in a licensed residential home. We believe that this specialized approach will enhance quality by allowing Service Coordinators to become even more attuned to individual and family needs.

In the Early Start area we've expanded the age served to children five years old, since many families have indicated that the double transition to school and a new Service Coordinator at the same time can be unnecessarily traumatic. To help with the change to more specialized caseloads and to continue building staff expertise, we're implementing a new Service Coordinator training series, and providing ongoing mentoring of new staff.

II. Clinical Services

"We've been very active in the Clinical Services area, working to assure that the unique and sometimes complex needs of individuals with developmental disabilities are appropriately met," states Director of Clinical Services Gwen Jordan.

In addition to conducting comprehensive health assessments for children and adults, we have:

- Added nurse participation to our facility monitoring
- Increased access to clinical specialists by conducting clinical reviews of individuals with complex health or behavioral health needs.
- Recently published comprehensive nursing guidelines for people with developmental disabilities which we developed in collaboration with the UCLA School of Nursing
- Printed guidelines for medication use among people with disabilities intended for service providers and other lay caregivers

The Lanterman UCLA/NPI Psychiatric Clinic is expanding its services to provide support to families and other caregivers in the management of behaviors in addition to psychiatric assessment and medication management. And as part of our Oral Hygiene Project, we've received grant

funding to contract with a dental hygienist who will function as a dental coordinator. She will provide dental screening, in-service to caregivers and consumers on preventive dental care, and assist in the development of dental resources for consumers.

III. Regional Center Funded Services

In accordance with changes in regulations calling for more frequent site visits, Lanterman has expanded its Quality Assurance Team to better monitor service providers, and help meet our standards for service delivery. Staff visit all licensed residential homes at least twice a year, and periodically on an unannounced basis. In 1999 the Team completed over 330 monitoring visits. Members of the Team conduct regular visits to homes funded by LRC to assess the quality of services, to determine if consumer needs are being addressed, and ensure that State regulations are met. They also provide technical assistance, training and support to residential providers to help improve their services.

As part of our ongoing commitment to quality, the Team is expanding its efforts to monitor other regional center funded programs such as day programs, Independent Living Service vendors, and Early Intervention programs.



The LA School Age Team Top L to R: Patricia Rodriguez, Sam Suzuki, Felipe Simon, Alanah Kim, Lourdes Tabullo, Margie Alvarado. Bottom L to R: Jessye Davis, Gloria Perez, Tamar Israbian. Missing: Dora Saki, Maribel Ortiz, Nancy Morales Ezquibel and Sandy Danaha.

of 62 consumers to one service coordinator.

"Reduced caseloads mean that Service Coordinators will now see individuals face-to-face each year, rather than contact only by tele-

tion. As a result, we're focusing on giving Service Coordinators specialized caseloads. While we still work within a general geographic structure, individual service coordination teams are now



The Quality Assurance Team Top L to R: Amanda Jefferis, Melinda Anders, Irma Padilla. Seated L to R: Maral Tahmizian and Michael Greene.

To continue the momentum for quality, we are developing a "Quality Enhancement Network" of selected community service providers who agree to work toward attaining "aspirational standards" beyond those required by law and regulations. As you can see, at Lanterman we not only listen to what you have to say, but we take concrete, ongoing action to assure that Quality of Service Delivery remains our highest priority.

How Are We Doing?

an important part of that process is your feedback.

An easy way for you to comment on regional center services is to complete the annual Service Coordinator Evaluation form. We've recently updated it to reflect our quality service standards. We are testing two different versions: one has a rating scale to reflect your Service Coordinator's performance for each service standard; and the other asks you to put a check mark next to each service standard that describes your Service Coordinator.

We'll be mailing these evaluation forms to consumers and families annually. When you receive the form, please take a few minutes to complete the evaluation and mail it back in the self-addressed stamped envelope.

This is an excellent opportunity for you to tell us about our performance — and what you say does matter.



Jeff Richards

Each individual who joins our Lanterman Regional Center Board of Directors is committed to getting involved — but few have done so with the speed and focus of Jeff Richards. It may have something to do with his active involvement with business and the Internet. President and COO of newly-formed Biz2Biz.Com, Inc., Jeff is highly experienced in strategic planning and marketing. He holds a dual BS in Management/Marketing, as well as an MBA from USC; and has completed post-graduate studies in strategic planning at UCLA.

Two years ago, Jeff and his family were referred to Lanterman Regional Center for help in working with their son Paul — a 6½-year-old diagnosed with autism. “We immediately took advantage of all the

opportunities Lanterman has to offer,” he explains. “and that included participating in trainings on behavior management and the Service Coordination and Advocacy training course.”

That, in turn, led to involvement on committees and particularly the Lanterman Strategic Planning Team. His work on that group caused him to get acquainted with the needs of all Lanterman’s various committees — and from there, it was a natural step to the Board of Directors.

His goal as a Board Member is “to try to help build a system that’s going to further awareness of Lanterman Regional Center in the community at large.” “We do a great job of communicating to our own community,” he says, “but we need to get our story out to a broader audience.”

A Glendale resident for 15 years, Jeff also has a 23-year-old daughter who recently graduated from UC Santa Barbara. His wife Carol is active on the Board of Directors of the Foothill Autism Alliance. “She does the work in the trenches,” Jeff notes, “while I do my part on the committees.”

There’s no doubt that his commitment, experience and drive will help us raise our public profile, and continue to advance our goals in serving individuals with developmental disabilities and their families. We welcome him to the Board.

Budget for 2000–2001: Some Rate Increases and Increased Funding for Growth

The California State budget for the fiscal year that began July 1 was signed by the Governor in late June. The total budget for the 21 regional centers is now almost \$1.9 billion dollars, an increase of \$266 million from last year. Regional Centers statewide will be serving more than 162,000 consumers and their families, up from 153,000 this past year.

The changes this year include approximately \$90 million for rate increases for service providers — a 3% increase for residential service providers, and for day programs a 10% increase for direct care staff salaries and a 5% increase for administrative costs. There are also dollars allocated for rate increases for medical care providers to match increases put into place through the Medi-Cal system and increases for nursing level respite services for both children and adults. Also included is \$175 million for regional centers for growth in the numbers of consumers and families served and increasing service costs for existing consumers and families.

Also in this year regional centers are being given additional dollars to reduce the time for the completion of consumer assessments from 120 to 60 days. We are still, however, required to meet the overall service coordinator to consumer ratio of 1:62 and this continues to be the primary consideration as we develop our operations budget for the year.

Local Communities Join the Nation in Celebrating ADA's 10th Anniversary

Just ten years ago, curb cuts were not standard, nor were public accommodations fully accessible to persons with disabilities. Then came the passage of the Americans with Disabilities Act (ADA) with its core values of equality of opportunity, full participation, independent living and economic self-sufficiency — and everything changed.

July 26, 2000 marked the 10th anniversary of this landmark legislation that has dramatically improved the lives of individuals with disabilities, and members of our Lanterman community joined in celebrations both locally and in the nation’s capital.

In Pasadena, the Accessibility and Disability Commission worked with service organizations and community leaders to create a fun and informative festival which demonstrated just how far we’ve come in these ten years. All those attending were impressed with the variety of services and depth of opportunities now available to people with disabilities.

According to Lanterman Director of Family Support Services Patricia Herrera, “It was an extraordinary event, and many people — both those with disabilities and those without — received valuable information. It was especially gratifying to see how much progress we’ve made since the ADA was passed.”

Olivia Hernandez, Lanterman Family Support Specialist, had the good fortune to participate in the national ceremony held at the Franklin

D. Roosevelt Memorial — and hosted by the President and the First Lady.

“I was in Washington DC for the National Down Syndrome Society (NDSS) Conference,” she explained, “NDSS received an invitation to be a part of the celebration and arranged for those present to be shuttled over. The enormity of the event was certainly a surprise.”

There were approximately 2,000 present at the celebration — individuals with disabilities, as well as those involved and influential in the lives of persons with disabilities. According to Hernandez, the First Lady shared her own experiences in how issues faced by persons with disabilities became an area close to her heart when she worked for the Children’s Defense Fund in the early 70s.

Mrs. Clinton also said that as a result of efforts in the current administration, the amount a person with a disability can earn without affecting SSI or Medi-Cal benefits will triple, and that there will be an automatic annual increase to the cost of living based on the national wage index.

Senators Tom Harkin and Orrin Hatch also spoke about the ADA’s impact. Senator Harkin began by addressing the crowd in sign language, and noted that today 54 million individuals with disabilities benefit from the ADA.



Olivia Hernandez with the President

Justin Dart, a leader in disability law who has advised three presidents, introduced President Clinton. The President highlighted a booklet produced by The Presidential Task Force on Employment of Adults with Disabilities entitled, Goals and Accomplishments — Working on Behalf of Americans with Disabilities. He also noted that the final bill of the last century that was signed was the Ticket to Work and Work Incentives Improvement Act of 1999. “Individuals with disabilities want self-determination,” he stressed, “and everyone has a role to play.”

Editor’s note: To request a copy of the booklet, Goals and Accomplishments — Working on Behalf of Americans with Disabilities, go to www.dol.gov. For more information, please go to the Access Ability web site located at www.disability.gov

Training & Events

The Training & Development Unit provides information on training opportunities that focus on developmental disabilities and related topics. The unit staff coordinate training events that are conducted by Lanterman Regional Center. Staff also coordinate registration arrangements for consumers, family members, staff, board members and service providers in the Lanterman Community to attend external educational events of special interest.

The Center publishes a Training and Events webpage that is accessible via the website www.lanterman.org.

If you are a parent or consumer in the Lanterman Regional Center service area and are interested in attending a training opportunity outside the Regional Center, contact your Service Coordinator. For consideration, your request must be received by Training and Development three weeks prior to the posted conference deadline. We welcome your suggestions for future training topics and information on upcoming educational events that we can share with others.

You may send comments or request to be on the mailing list by one of the following options:

BY MAIL:

Training & Development
Lanterman Regional Center
3303 Wilshire Blvd. Suite 700
Los Angeles, CA 90010

BY FAX:

(213) 383-6526

BY E-MAIL:

Maureen S. Wilson, Director
Maureen.wilson@lanterman.org
Ronna Kajikawa, Executive Assistant
Ronna.kajikawa@lanterman.org

Lanterman Regional Center Family & Consumer Training

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for consumers, family members, and board members in the Lanterman Community.

NEW FAMILY ORIENTATION

Lanterman Regional Center provides Orientation Meetings to welcome new consumers and families to the Center. These meetings provide an introduction to the Lanterman service delivery system.

For a schedule of monthly Orientation Meetings, please call (213) 383-1300 ext. 705.

NEW FAMILY ORIENTATION FOR CHILDREN THREE YEARS OLD AND OLDER

English & Spanish. Last Friday of Every Month
(Please Note: November 17, 2000 3rd Friday due to Holiday)
9:30 a.m. – 10:30 a.m. — English
10:30 a.m. – 11:30 a.m. — Spanish
Lanterman Regional Center, FRC
3303 Wilshire Blvd., Suite 700
Presenters: LRC Staff

For Information and Dates call (213) 383-1300 ext. 705

NEW FAMILY ORIENTATION FOR EARLY INTERVENTION FAMILIES (BIRTH TO 3 YEARS)

English & Spanish. Last Monday of Every Month
9:30 a.m. – 10:30 a.m. — English
10:30a.m. – 11:30 a.m. — Spanish
Lanterman Regional Center, FRC
3303 Wilshire Blvd., Suite 700
Presenters: LRC Staff

For Information and Dates call (213) 383-1300 ext. 705

TRANSITION TO PRESCHOOL ORIENTATION MEETING

For Families with children 2 years of age
English & Spanish
10:00 a.m. – 12:00 p.m.
Lanterman Regional Center FRC
Presenters: LRC Staff

For Information and Dates call (213) 383-1300 ext. 705

BEHAVIOR MANAGEMENT WORKSHOP FOR PARENTS

This 20-hour course was developed for Lanterman Regional Center Families by the UCLA-University Affiliated Program. The training is a proactive approach where families learn strategies to manage behavioral concerns. More serious behavioral issues should be discussed with your Service Coordinator.

Please note: This workshop requires referral from your Service Coordinator.

Dates, Times & Locations TBA

Contact your Service Coordinator to register.

SERVICE COORDINATION AND ADVOCACY

KOREAN

November 6, 13, 20, 27 & December 4, 2000
7:00 p.m. – 9:00 p.m. (Five consecutive Mondays)
Lanterman Regional Center FRC
3303 Wilshire Blvd., Suite 700 Los Angeles

This training is a 10-hour course for Lanterman families to better enable them to advocate for and assist their family member with a disability.

Cost: No cost

Presenters: SCAT Faculty

Reservations (213) 383-1300 ext. 705

BODY TALK

SEXUALITY & SOCIALIZATION TRAINING

Body Talk is a new Sexuality and Socialization Training program specifically designed for adult individuals with developmental disabilities. Each group will accommodate 12 – 15 consumers and run for 12 weeks. The training will cover topics such as human anatomy and reproduction, developing social skills, prevention of exploitation, human sexuality, sexually transmitted diseases, birth control, and health and hygiene. Teen Talk addresses issues specific to pre-adolescent though young adulthood. Parent Talk is a 6 week class designed to address parental concerns.

BODY TALK FOR ADULT CONSUMERS

Please note: This workshop requires referral from your Service Coordinator.

Dates, Times & Location TBA

Contact your Service Coordinator to register.

TEEN TALK FOR CONSUMERS

Please note: This workshop requires referral from your Service Coordinator.

Dates TBA

6:30 p.m. – 8:30 p.m.

Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA

Contact your Service Coordinator to register.

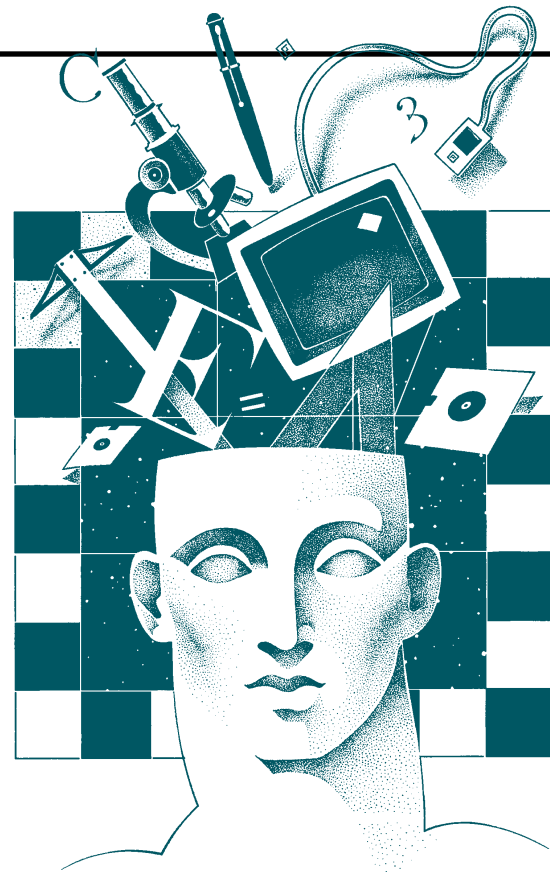
PARENT TALK DISCUSSION GROUP

Please note: This workshop requires referral from your Service Coordinator.

This 6 week group will focus on the parental role in supporting and promoting healthy relationships.

Dates & Times TBA

Contact your Service Coordinator to register.



John D. Lanterman Regional Center

Presents

The 2000–2001 Community Living Options Housing Forum for Consumers and Families

Saturday, November 18, 2000

9:00 a.m. – 2:00 p.m.

Shriner's Hospital, Los Angeles

3160 Geneva Street, Entrance at 4th Street

Free Hospital Parking

Light Refreshments provided

Translation in Spanish will be available

Habrà traducción en Español

This Community Living Options Housing Forum will sponsor multiple speakers in an open discussion of the continuum of living options and supportive services available to regional center consumers.

Call your Service Coordinator for more information, or call and direct your questions to Community Services Staff at (213) 383-1300.

Lanterman Regional Center Service Provider In-Service Training

The following are training opportunities that focus on developmental disabilities and related topics and are conducted or sponsored by Lanterman Regional Center for service providers in the Lanterman Community.

RECOGNIZING SIGNS OF ABUSE IN PEOPLE WITH DEVELOPMENTAL DISABILITIES:

For Service Providers
November 14, 2000, 10:00 a.m. – 12:00 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
This 2 hour service provider in-service will help community residential and day program staff assess for changes in consumers that may be a sign of physical, sexual abuse or neglect. Class meets requirements for 2 hrs CEU's for Title 17 & Title 22.
Cost: No cost
Presenter: Project Heal Staff — USC-UAP CHLA
Space is limited to 64-Those arriving after 10:00 a.m. will be admitted only if space allows.
For information call (213) 383-1300 ext. 720

DIRECT SUPPORT PROFESSIONAL TRAINING: YEAR 1

For Level 2, 3, & 4 Residential Direct Care Staff
October 27 – December 15, 2000 (Fridays)
9:00 a.m. – 3:30 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700, Los Angeles, CA
This six-week training is the required for all staff providing direct care to consumers in Level 2, 3, & 4 Residential Facilities.
Presenter: LAUSD-ROP Instructor,
Space is limited to 15 participants
For information or registration call (213) 202-5585

RESIDENTIAL SERVICE PROVIDER ORIENTATION

For New Residential Service Providers
Wednesdays, November 1, 8, & 15, 2000
9:30 a.m. – 4:30 p.m.
Lanterman Regional Center
3303 Wilshire Blvd., Suite 700
This Training will provide an overview of the vendorization, Title 17 & 22 regulations and service design and delivery process for new residential providers.
Cost: No cost
Presenters: Community Services Staff
For information or registration call (213)383-1300 ext. 720

All training events are subject to rescheduling or cancellation without notice. For the most up to date information, including cancellations, on training events in the Lanterman Community, visit the Training & Events page www.lanterman.org or call the Training and Development Bulletin Board 24 hours/day at (213) 383-1300 #8 from the main menu.

New Resources In The FRC

The Prader-Willi California Foundation has created a collection of information which covers a variety of subjects and issues related to Prader-Willi Syndrome. The spiral bound booklets included in the collection include: Handbooks for Parents in English and Spanish, Health and Medical Issues, Nutritional Information, Exercise, Crafts and Activities, and other subject and age specific information. Having read the “Health and Medical Issues” booklet, Angeles Lopez, a parent says “In my opinion the entire book is marvelous. I have a son that was diagnosed with Prader-Willi at age 6½ and since then I try to do everything possible to learn more about this syndrome. This was the first book I found that had answers to many questions that I had and it also explains other medical conditions.”

The videos in the collection have been produced from the 21st Prader-Willi Syndrome Association (USA) Annual National Conference. Video topics include an Overview of Prader-Willi and the Keynote address, Childhood Development Issues, Diabetes and Other Endocrine Issues as well as other topics.

The collection also includes a notebook of brochures, articles and booklets which covers many different subjects related to Prader-Willi.

If you are interested in these items or are in search of information on another topic, please contact or visit the Koch•Young Family Resource Center, 3303 Wilshire Blvd., Suite 700, Los Angeles, CA 90010 (213) 383-1300 ext. 730.



You're Invited The Service Provider Recognition Breakfast

Wednesday, November 1, 2000
9:00 a.m. to 11:00 a.m.

Brookside Country Club

1133 N. Rosemont
Pasadena, California

\$20.00 per person before October 23rd deadline
or
\$25.00 per person after deadline

Guest Speaker

Ms. Kathy Buckley

Ms. Buckley is a comedian and highly sought after motivational speaker throughout the United States. Her work includes presentations for high profile organizations as Women in Power and Anthony Robbins' Life Mastery Classes. Billed as “America’s First Hearing Impaired Comedian,” Kathy Buckley is also a five-time American Comedy Award Nominee (1995–99). Ms. Buckley has faced many life challenges in addition to her disability and speaks with appreciation about the labor of love of the care providers she has encountered.

For more information,
contact Janel Johnson (213) 383-1300 ext. 509

Winter Recreation Opportunities Abound!

by Melinda Sullivan

It's the season again when individuals and families are looking for winter fun. And here's a list of programs and groups to investigate. Some of these resources specialize in working with people with developmental disabilities; others are generic, in that they work with the community at large, but also try to include people with disabilities.

Generic Resources

Soon it will be time to sign up for Little League Baseball! **Eagle Rock Little League** offers the opportunity for young children, ages 5 – 6, to be included on a "T-ball" team. As children get older, and competition gets stiffer, it may be difficult to find inclusive baseball teams. Eagle Rock has a team that is comprised of children with disabilities. For more information call Joel Zimmerle at (323) 258-6536.

Schoolsout.org is a resource for the Pasadena Community. Its focus is outreach and access to after-school programs for children and youth. The programs listed may not have direct experience in working with people with disabilities, but regional center staff may be able to facilitate inclusion. www.schoolsout.org

Plaza de la Raza offers art and cultural experiences, including music, dance and visual arts. They are located at 3540 N. Mission Road and can be reached at (323) 223-2475.

Hollywood YMCA offers a variety of services including a weight room, gym and pool. They are located near Sunset and Wilcox. They can be reached at (323) 467-4161.

Jewish Big Brothers Association offers residential winter camps for Jewish boys and girls with disabilities, ages 5 to 12 years of age. For more information, please call (323) 761-8675.

Boys & Girls Club of Pasadena, located at 3230 E. Del Mar Blvd., mainstreams individuals on a case-by-case basis into their camps, crafts and sports programs. For a schedule of activities, call (626) 449-1953.

Adaptive Recreation Program of Pasadena sponsors a variety of recreational activities year round. They offer specialized camp opportunities, as well as including individuals with disabilities in camps run by the Department. For more information call Jackie Arnett at (626) 398-1257.

Pickwick Banquet and Entertainment Center in Burbank offers a variety of activities, including bowling and ice-skating. Call (818) 846-0035 for further details.

Glendale YMCA offers many programs and classes, including swimming. Contact them for more information at (818) 240-4130.

Pasadena YMCA offers a variety of classes, including swimming, basketball, soccer and weight room. Contact them at (626) 799-9119 for more information.

Jewish Programs for the Disabled (Chaverim) offers activities throughout the Los Angeles area for Jewish adults with developmental disabilities. Activities include bowling, miniature golf, music, dances and seasonal dinners. Call (818) 884-1092.

New Directions provides vacation travel plans for people with developmental disabilities. These are actual day and overnight trips. Call (805) 967-2841 to be put on their mailing list.

Special Olympics is a year-round program focusing on a variety of sports activities. Call the Culver City office, (310) 215-8380 to learn about seasonal activities.

Social Vocational Services has offices throughout the LA County area and many of them sponsor leisure activities. To get on their calendar mailing list, call (310) 534-7700 and a representative will help you, or e-mail them at svsco@earthlink.org

These are some examples of resources that families can access from the Electronic Resource Directory located in the Koch•Young Family Resource Center.

Foothill/Pasadena Area

BCR sponsors a monthly dance for individuals 16 or older. Dances are at the McCambridge Recreation Center. Contact BCR at (818) 843-4907 for more information.

Holy Family C.A.M.P. (Children with Autism Making Progress) is located in South Pasadena. Please call (626) 744-7949 for further information regarding winter activities.

South Pasadena YMCA offers special swimming lessons. Their telephone number (626) 799-9119.

LL Frank Center, sponsored by Ability First (formerly Crippled Children's Services), offers holiday activities in Pasadena. Call (626) 449-5661 for more information.

Y-Spirit, a component of the Pasadena YMCA, offers a dance program for people with developmental disabilities, their siblings and family members. Call (626) 351-3336 for more information.

Los Angeles Area

Etta Israel – Camp Moshe in Los Angeles provides day camp opportunities for children. Call (310) 285-0909 for more information.

Elysian Park located near Dodger Stadium provides opportunities for children and young adults during the winter break. You can reach them at (323) 226-1402 for further information.

L.A. Goal is located in Culver City and provides a variety of leisure opportunities for adults. You need to call them at (310) 838-5274 to get a schedule of their events.

Broadway Gymnastic School located in Santa Monica offers social recreation activities. For detailed information, please call (310) 450-0012.

Jeffrey Foundation in Los Angeles offers day camp opportunities for school age individuals. For details, call (323) 965-7536 and ask to speak with Gabriella.

Southern California Area

The United States Adaptive Recreation Center is located at Big Bear Lake. They offer 1:1, full and half-day ski lessons for people with various needs and abilities. Reservations are required. They can be reached at (909) 584-0269 for more details.

Jay Nolan offers special activities during the holidays. Call (818) 361-6400 for details.

Southern California Network coordinates camping trips for families with infants and preschool children with visual impairments. For more information, call (714) 573-8888 and ask for Kathy Goodspeed.

Special People's Foundation provides travel services for people with developmental disabilities. Call (310) 618-1833 for more information.

Share the Wealth of Information!

Please share with us any winter recreation resources you know of. Call Roberta Happe at (213) 383-1300 ext. 716 with your resources.

Please provide:

Name
Address
City, State, Zip
Phone Number
Contact Person
Description of Program



ADULT SIBLING SUPPORT GROUP

Call for details
Contact: Olivia Hernandez (213) 383-1300 Ext. 705

ARMENIAN PARENT GROUP

Quarterly meetings — Glendale Area
 Call for dates & details
Contact: Rima Shahoian (818) 548-4349
Shoghig Dikjian (213) 383-1300 Ext. 546

ARMENIAN PARENT SUPPORT GROUP

Monthly meetings at group members' homes
 In the Glendale area
 Monthly — Last Friday 11:00 a.m. – 1:00 p.m.
Contact: Rima Shahoian (818) 548-4349
Shoghig Dikjian (213) 383-1300 Ext. 546

AUTISM SOCIETY OF AMERICA

San Gabriel Valley Chapter Support Group
 1167 N. Reeder Ave., Covina
 Monthly — Wednesday, 7:30 p.m.
Contact: Patricia Kreysler (626) 447-3452

BEHAVIOR MANAGEMENT PARENT SUPPORT GROUP

Call for details
Contact: Olivia Hernandez (213) 383-1300 Ext. 705

daDA FATHERS REGIONAL SUPPORT NETWORK

Call for details
Contact: Marty Sweeney (323) 933-2983

DOWN SYNDROME SAN GABRIEL VALLEY PARENT SUPPORT GROUP WITH CHILDREN UNDER SEVEN

Church of the Brethren
 1041 N. Altadena Drive
 Pasadena, 91107
 Monthly – 2nd Thursday,
 7:00 p.m. – 9:00 p.m.
Contact: Darryl Mikuni & Pat Van de Veer (626) 398-0942
Olivia Hernandez (213) 383-1300 Ext. 705

GRUPO DE APOYO PARA PADRES CON NIÑOS EN INTERVENCION TEMPRANA

(Early Intervention Spanish Speaking Parent Support Group)
 Lanterman Regional Center
 3303 Wilshire Blvd., Ste. 700
 Monthly – 2nd Wednesday, 9:30 a.m. – 11:30 a.m.
Contact: Rose Chacana (213) 383-1300 Ext. 528
Monica Mauriz (213) 383-1300 Ext. 519

FAMILIES AND FRIENDS OF PERSONS WITH DISABILITIES

St. Dominic's Community Center
 2002 Merton Ave., Eagle Rock
 Monthly – 1st Friday, 7:30 p.m.
Contact: Emma Guanlao (323) 259-8332
Esther Martinez (323) 254-6413

Lanterman Self-Advocacy Groups

MID-WILSHIRE SELF ADVOCACY GROUP

Lanterman Regional Center
 3303 Wilshire Blvd. Ste. 700
 Monthly — First Monday, 4:00 p.m. – 6:00 p.m.
Contact: Erick Homiak (213) 383-1300 ext. 715

THE ACHIEVERS

711 E. Maple St.
 Glendale, CA 91205
 Call for Dates and Times
Contact: Erick Homiak (213) 383-1300 ext. 715

PASADENA SELF-ADVOCACY GROUP

529 N. Hill Ave.
 Pasadena, CA 91106
 Call for Dates and Times
Contact: Erick Homiak (213) 383-1300 ext. 715

VILLA ESPERANZA SELF-ADVOCACY GROUP

2116 E. Villa, Pasadena, CA 91107
 Call for Dates and Times
Contact: Erick Homiak (213) 383-1300 ext. 715

If you are interested in becoming a member of the new Burbank Self-Advocacy Group, please contact Erick Homiak at (213) 383-1300 ext. 715.

FILIPINO AMERICAN SPECIAL SERVICE GROUP FOR THE DEVELOPMENTALLY DISABLED

Call for details
Contact: Alice Gubatan (213) 384-2340

FOOTHILL AUTISM ALLIANCE — NETWORK RESOURCE MEETINGS

BCR
 230 E. Amherst Drive
 Burbank, CA 91505
 Monthly – 2nd Wednesday, 7:00 p.m.
Contact: Sue Brooks (818) 66-AUTISM (818) 662-8847

FRAGILE X PARENT SUPPORT GROUP

Call for dates and details
 Monthly, 7:00 p.m.
Contact: (818) 754-4227 Voicemail

GAY AND LESBIAN ADULT SUPPORT GROUP

Lanterman Regional Center
 3303 Wilshire Blvd., Ste. 700
 Monthly – 2nd Wednesday, 4:00 p.m. – 5:00 p.m.
Contact: Joe Perales (213) 383-1300 Ext. 592
Melinda Anders (213) 383-1300 Ext. 506

GLENDALE / BURBANK / FOOTHILL PARENT SUPPORT GROUP

Monthly – 1st Wednesday, 10:00 a.m.
 Call for location
Contact: Jennifer Wyre (213) 383-1300 Ext. 679

GRUPO DE APOYO PARA EL MANEJO DE LA CONDUCTA

(Spanish-Speaking Behavior Management Group)
 Shriners Hospital
 3160 Geneva St. (Virgil and Third St.), Los Angeles
 Ultimo martes de cada mes
 7:00 p.m. – 9:00 p.m.
Contact: Francisca Arias (323) 965-0379
Lourdes Tabullo (213) 383-1300 Ext. 543
Patricia Rodriguez (213) 383-1300 Ext. 544

HOLLYWOOD/WILSHIRE PARENT SUPPORT GROUP

Lanterman Regional Center
 3303 Wilshire Blvd., Ste. 700
 Monthly – 3rd Tuesday, 10:00 a.m.
Contact: Jessye Davis (213) 383-1300 Ext. 549
Ramon Martinez (213) 383-1300 Ext. 568

INCLUSION IN REGULAR CLASSES SUPPORT NETWORK

Locations and times vary each month — call for next meeting
Contact: Sam Suzuki (213) 383-1300 Ext. 559

JAPANESE-SPEAKING PARENTS ASSOCIATION OF CHILDREN WITH CHALLENGES

Little Tokyo Service Center
 231 East Third Street, Suite G-104
 Los Angeles, CA 90013
 Monthly – 3rd Saturday, 9:30 a.m.
Contact: Mariko Magami (818) 249-1726
Michiko Wilkins (818) 557-0728

KOREAN PARENT SUPPORT GROUP

Asian Advocate for Special People
 Lanterman Regional Center
 3303 Wilshire Blvd., Ste. 700
 Monthly – 2nd Monday, 6:30 p.m. – 8:30 p.m.
Contact: Suki Chang (213) 999-3981
Susan Han (213) 383-1300 Ext. 545
Alanah Kim (213) 383-1300 Ext. 531

“PADRES UNIDOS LANTERMAN”

Spanish-Speaking Support Group (Grupo en Español)
 Children's Hospital of Los Angeles, Conference Room “D”
 Monthly – 2nd Tuesday
 7:00 p.m. – 9:00 p.m.
Contact: Joe Perales (213) 383-1300 Ext. 592

REACH

(Respecting Encouraging and Affirming Choices in Housing)
 2606 Foothill Blvd.
 La Crescenta, CA 91214
 Monthly – 3rd Wednesday, 7:00 p.m.
Contact: Maria Leinenweber (818) 248-8624
Emma Guanlao (323) 259-8332

RETT SYNDROME SUPPORT GROUP

Pasadena Area
 Quarterly Meetings
 Call for dates and details
Contact: Marie Hyland (626) 790-4836
Pep Stenberg (626) 355-5334

“LA ESPERANZA” GRUPO SEMANAL EN ESPAÑOL

(Spanish-Speaking Parent Group)
 Lanterman Regional Center
 3303 Wilshire Blvd., Ste. 700
 Weekly – Monday, 9:00 a.m.
Contact: Yolanda Hernandez (562) 928-5324
Primitivo Jacobo (323) 464-3689
Bertha Rios (323) 666-3489
Nilda Lopapa (213) 383-1300 Ext. 554

SPANISH-SPEAKING PARENT SUPPORT GROUP

Salvin Special Education Center
 1925 S. Budlong Ave.
 Los Angeles
 Call for dates, 9:30 a.m. – 11:30 a.m.
Contact: Gloria Perez (213) 383-1300 Ext. 556

TEATRO ILUSIÓN

(Grupo Semanal en Español)
 Shriners's Hospital
 3360 Geneva St. (Virgil & Third St.),
 Los Angeles
 Weekly – Friday's, 6:00 p.m. – 8:00 p.m.
Contact: Yolanda Hernandez (562) 928-5324

NEW GROUP

DE MI FAMILIA A SU FAMILIA GRUPO PARA FAMILIAS CON NIÑOS CON AUTISMO

(Spanish-Speaking Support Group for Parents with Children with Autism)
 Lanterman Regional Center
 3303 Wilshire Blvd., Ste. 700
 Primero y ultimo miercoles de cada mes
 9:30 a.m. – 11:30 a.m.
Contact: Yudy Mazariegos (213) 384-5204
Carlos Duque (213) 383-1300 Ext. 570

MEETING SCHEDULE

COMMUNITY ADVISORY COUNCILS

Our Community Advisory Councils serve as a link to the community. They provide input on policies, services and programs and offer opportunities for consumers, parents, service providers and staff to network. If you have an interest in serving in the council for your area or in attending meetings, contact:
Lanterman Regional Managers at (213) 383-1300.

GLENDALE REGION

Second Tuesday of the month
 6:30 – 8:00 p.m.
John Stack Ext. 620

HOLLYWOOD/WILSHIRE/CENTRAL REGION

Third Tuesday of the month
 10:00 – 11:30 a.m.
Sam Suzuki Ext. 559

PASADENA REGION

Third Tuesday of the month
 6:30 – 8:00 p.m.
M.J. Kienast Ext. 617

ORIENTATION MEETINGS

Lanterman provides monthly orientation meetings to welcome all new families and adult consumers. We provide an introduction to the Lanterman service delivery system as well as to the Koch♦Young Family Resource Center. Orientation is also available quarterly for those families with children transitioning to preschool (30-months old). For a complete 2000 schedule of monthly Orientation meetings, please contact the Family Resource Center at 1 (800) 546-3676.

*If you are interested in starting a support group but don't know how to take the first step, call **The Koch♦Young Family Resource Center** for information:*
1-800-546-3676

It's That Time of Year Again!!



***Come one, come all to the 14th annual Lanterman Picnic.
The picnic is October 28, 2000 from 10:00 a.m. to 3:00 p.m.
at the Crystal Springs Picnic Area in Griffith Park.
Join in on games, a costume contest, raffles, food and lots more!***

***Radio Disney will be joining the fun in conjunction with
National Disabilities Month. The Radio Disney Street Team will be on hand
with games, a magician, a balloon artist, and lots, lots more!
For more information contact Celeste Esguerra, ext. 655
or Ivette Rodriguez, ext. 699 at (213) 383-1300.***

See You There!

Did You Hear Lanterman on the Radio?

That's right, if you were tuned into Radio Disney, AM 710, you would have heard our own Andrew Hain and Denise Wilson on a radio spot on inclusion for National Disabilities Month. Lanterman is one of many regional centers participating in this ad campaign that will run through October. Be sure to listen to Radio Disney to hear other regional centers' spots and look for Radio Disney at the Lanterman Picnic!

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Viewpoint

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